

What the Bleep Do We Know?

An Interview with Rebecca Skeelee, MA, MSS

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In an effort to continue to find new ways to put the tenets of Spiritual Science into action rather than just keeping the concepts at an intellectual level, I'm seeking out masters of manifestation to provide inspiration and guidance for budding Spiritual Scientists.

*With the release of the groundbreaking film, **What the #BLEEP*! Do We Know?**, many are excited to further explore the concepts posited in the film.*

Rebecca Skeelee is an author, counselor, life coach and ordained minister who presents seminars internationally on personal growth and practical spirituality. In private practice since 1990, she holds masters degrees in Applied Psychology and Spiritual Science (Peace Theological Seminary and College of Philosophy in Santa Monica, CA).

I interviewed Rebecca on October 8, 2004, to explore the film and Spiritual Science.

Rebecca, besides being a life coach, author, speaker and workshop facilitator, you also have a Masters in Spiritual Science. Would you please explain your understanding of what Spiritual Science is?

The definition of a Spiritual Scientist is multifaceted, but basically it's a state of being a compassionate neutral observer in areas of thought, consciousness, behavior, and imagination so we can attune and align with God. A Spiritual Scientist uses neutral, intellectual discernment combined with heart "knowing" to allow truth to emerge as an ongoing revelation.

The Spiritual Scientist uses everything for learning, growth and awareness, looks for the good in all things, works masterfully with the human nature, lives in the present with intention, takes full responsibility for everything in their life, and develops multidimensional awareness as a divine being.

There's a physical, emotional knowing, but there's also an immediate, **direct** knowing when you learn to clear yourself as a channel to allow connection to God, which allows intuition to emerge gracefully and with ease.

The hallmarks of Spiritual Science are intentionality, observation, choice, self-responsibility and an undying curiosity to check things out and test your “theories” (the scientist).

We learn to become Christed – or able to overcome the world by overcoming the lower nature/self. In other words, you’re able to “be in the world but not of it.” Unfortunately, the Christ spirit has become identified with just one historical personage, rather than the many throughout history who have achieved this state.

*For those who’ve not yet seen **What the #\$BLEEP*!**, would you give us a summary of the film and what its message is?*

It’s a film that uses experts from different fields: scientists, spiritual leaders, philosophers, and health practitioners to explain consciousness and why we do what we do over and over again. This film poignantly demonstrates that we have choices. And it explains in proven, scientific terms how we create reality and what goes on in life.

By utilizing humor and hope it shows us the power we have -- and if we begin to tap into it, we’re not only creators but *cocreators*. It does a great job of shattering the myths we hold on to of what God is. God is more impersonal than we think – that is, God isn’t keeping score to exact punishment – *we* are the ones who create this punishment and keep us there.

I’ve heard some people make the comment that, “Oh, this stuff is old hat. I’ve heard/read/seen it before.” How is this film different from what’s come before?

Because it’s scientifically based! It’s very exciting because you can point to something concrete. This is one of the beauties of the film. This is what I emphasize and want to bring forward!

To me this “been there” approach to spirituality is really self-sabotaging. The revelation in every moment is, “Well, okay, but are you *living* it yet? What are you doing with your life? Do you have joy in every moment? Do you carry the consciousness of loving and blessing and do you bless all no matter what’s going on?”

When you say “Oh, I know that,” then a door shuts! Because your knowing *today* is different than *yesterday*. Knowing is here and now – right now! I’m always looking for those opportunities to see things with new eyes – because then things shift, and you have a new opportunity to see. Shutting down is fear and ego based.

The film’s protagonist, Amanda, starts experiencing her life unraveling and falling apart. Is this an example of the 2x4s you talk about in your book, “Make It Heaven?”

Actually I would say Amanda's 2x4 is her husband's infidelity. And her reaction (her hell) is to go into the story playing over and over in her head, becoming a victim to it, giving up, staying in the pain, and trying to numb that pain with her addiction to anti-anxiety pills. This is the human nature/reaction – to want to numb, avoid, and depress ourselves.

But the universe was not going to leave her alone – it keeps bringing in alternatives - choices - to open her up to what she wasn't seeing. For example, seeing her own wedding (movie in her head) rather than the wedding she's actually there to photograph (and her subsequent negative reaction to it – thinking the groom is messing around with a bridesmaid *ala* her husband's infidelity with a wedding guest). Her boss admonishes her that “too many memories are clouding her vision,” and she acts as if today is still affected by yesterday.

We walk around in our stories, and until we get through them, we cannot live in an intentional reality and move into cocreation with God. Interestingly though, the universe concurrently continues to show us opportunities to bring it forward, trying to find the key that will unlock our comprehension and shake us out of our self-hypnosis.

Being a Spiritual Scientist means we're able to watch our stories, because it takes more than an affirmation pasted on our refrigerator to change reality. We learn to become compassionate observers rather than viewing ourselves through a judgmental lense. We learn to become masters at instantly shifting that perception in the moment. You can't vanquish these thoughts forever – they're part of the human condition – rather, you become hyperaware and ever-vigilant, dancing nimbly and masterfully through life's ups and downs. It's “being in the world but not of it.”

In the film when Amanda is in the train station, she's intrigued by panels illustrating Dr. Masaru Emoto's work of the effect of emotions and thought on water molecules.

Obviously his work is profound in itself just to show the affects of positive and negative on water molecules. We're 70% water and the most important implication is the effect of thought and emotion on our health. We're obsessed with health and being dis-ease free, yet it's worth pointing out the fact that it's all interconnected. Now, I don't think people who are ill have failed spiritually. Disease shows up on the level where spirit can get our attention. For many it's through the body. And for a Spiritual Scientist dis-ease on any level is not a punishment – but an opportunity for learning, growth and deeper connection to God.

When I saw Dr. Emoto speak in Santa Fe recently, he demonstrated the effect of Beethoven's Ninth Symphony on a water crystal. The crystal began to expand –

which is what happens when we open to divinity. If you get into spiritual phenomena, there's an element of expansion. As we move into a new reality/space, we move into the greater Universe and love. Both demonstrate expansiveness.

As the angel points out to Amanda, "Makes you wonder, if thoughts can do that to water, imagine what our thoughts can do to us."

Conversely, let's skip to the mirror scene where she's venting her self-loathing and striking her image with her fist and smearing it with toothpaste. But then the "angel" appears for the second time repeating the "makes you wonder" line and her consciousness shifts and she begins drawing hearts and *I love yous* all over her body. What was the shift? It was the heart opening – but *how* and *why* did it open?

Well, when the mind is presented with so much expansive material, and things happen to blow up the hardwiring, the heart is the only thing that can handle it – it's what steps in and opens up to take up the overflow – the heart expands – letting the love flow through.

This shift can happen so quickly due to catastrophe, an illness, the death of a loved one, the loss of livelihood, etc. We literally lose our bearing, and the world turns upside down. This becomes an opportunity to open the heart.

Early in the film, Amanda's "story" was a victim story, but later she moved into the heart opening – or said another way, she moved from living through her lower nature into living through her higher Self. The purpose of human nature is to maintain the status quo while the Soul's (or Higher Self's) agenda is growth, expansion and revelation.

Another scene in the film that is intriguing is the concept of not being able to "see" something until you have some sort of historical reference point for it, as evidenced by the bit about the Caribbean Indians not being able to see the Spanish ships coming; and its not until the tribal shaman notes the ripples in the water that he is able to construct a framework for the new paradigm. Would you please elaborate on this?

First of all, all of us have had situations and circumstances in our lives we thought were one way, and they turned out to be another way. We misperceived. All of us have experienced this. Another example of this is when we have a belief, "There's not enough love/money," or "I'm not good enough." What if when we examine this belief we've created, nurtured, lived out all our lives we discover once again that we've misperceived? What if it's untrue and the reason it is recurring over and over again is to get us to look from a different point of view?

I believe there's a part of us inside – the “inner guide” – that's saying “Look, Beloved, there's a greater thing you're not seeing here. That limiting belief you keep running isn't the truth. Let it go!”

But letting go is threatening to us – because the human nature wants to maintain status quo. This lower nature says, “Don't take it away; it's what is “protecting” me!” So we have to be willing to work with this part compassionately yet firmly and say, “I'm ready and willing to see the *greater* truth.”

The unseen “ships” in the movie are an example of how we can open to the possibility in each moment that there's a bigger picture, another greater reality, present...

When dealing with a difficult issue where we might be very angry, we can be intentional in our outlook and depolarize it – offer peace – and the anger has nothing to do but dissipate. To put it simply, we choose love instead of fear (fear is at the root of anger). If I move out of right vs. wrong, black vs. white thinking (i.e. someone's got to win or lose), I can move out of that position and take one of “I'm going this way – you do what you need to do” Then there's no “against ness.”

In so many ways we try to abdicate self-responsibility. It takes a lot of courage and strength to face oneself. This is why Spiritual Science is so “challenging.” Many are drawn to Spiritual Science because they glimpse the possibilities, but aren't ready to do the work. But it's okay – each soul is doing what it needs, when it needs, and how it needs.

The aficionados of this film are clamoring to find ways to practically implement the ideas explored in it. Can you suggest some techniques?

Yes. First, work with intention. Second, become a compassionate observer and allow yourself to go into your “hardwiring” to break up the stagnation and allow your heart to open. Third, practice opening the heart: take a workshop, practice some sort of devotion, explore and emulate a spiritual teacher, do service, enjoy prayer, see an inspirational movie, become aware, and *ask* for help in opening your heart. Have the intention that “I no longer want to live in constraint. Is there something greater here? How do I move into it?”

With Spiritual Science we can examine victimization with discernment, and become ruthless with laser-like precision – Kali-like energy – in cutting through our stories to the truth. We can rewrite our own cocreation story...and create new life affirming stories.

Another big thing to learn is self-forgiveness. The way we've victimized ourselves is with shame and self-blame. You need to decide that you're not going to continue to beat yourself up for behaviors you entered into when you didn't know any better. If you revisit what you've done in your life, you realize that ultimately it's

all been done out of self-preservation (again, the human nature maintaining the status quo). With self-forgiveness, I call upon the part of me that's greater – my divine nature – and open my heart to myself. My divinity sees me in loving no matter what. Forgiveness means letting go, which is a major key for becoming a spiritual scientist.

*In addition to your book, **You Can Make it Heaven, How to Enrich Your Life with Abundance and Loving**, do you have any suggestions for books our readers might check out that illustrate the themes explored in this film further?*

Heaven begins with my story of the human nature/2x4/victimization. Then the book presents what we have to look at to liberate ourselves: (1) our story, (2) how our mind looks at things in black and white, (3) becoming aware of how much fear runs our lives, and (4) look at how we play games to stay small.

As a Spiritual Scientist we use the tools of the compassionate observer and observe where we place our loyalty. When the Ten Commandments states, “Thou shalt have no other gods before me,” those ‘gods’ become people, situations and circumstances that rule our lives: our environmental sensitivities, our chronic fatigue, the childhood abuse, etc. I am not downplaying these, rather, highlighting how we give away our loyalty and allow these crises to define us. We worship them – they become the story of who we are. Even if we are miserable and suffer we hold on to them.

Becoming a Spiritual Scientist requires you to cut away that which no longer serves you. It's only THEN that you can live an intentional reality. This is when we become a scientist of our life.

Becoming a Spiritual Scientist establishes your divinity as a major player, not a back seat driver. The playing field shifts. As you set a clear intention to cocreate, ego/personality needs and desires align with the highest good. You embrace the unknown and replace control with growth, expansion and revelation. Accepting and cooperating with “what is” takes inner strength, patience and willingness to allow the divine hands to mold and shape you into what is not yet seen.

For more information, please visit Rebecca's Website at <http://www.makeitheaven.com>.